

## CLAIMS

### What Is Claimed Is:

**1.** A dumbbell, comprising:

a handle defined by a pair of opposing ends;

a pair of end cap assemblies, each said assembly threadedly engaging one said end; and

a pair of wheels, each said wheel slidably engaging said handle generally adjacent to one said end, each said wheel comprising an outer ring defining a circular outer periphery and a central bore, said central bore defined by rolling means for permitting said wheel to rotate about said handle, and friction-creating means for resisting said rolling.

**2.** The dumbbell of Claim 1, wherein each said end cap assembly comprises a locking cap, said locking cap threadedly engaging said handle.

**3.** The dumbbell of Claim 2, wherein each said locking cap comprises a central bore for accepting said handle end therein and an externally threaded portion surrounding and in spaced relation with said central bore.

**4.** The dumbbell of Claim 3, wherein each said end cap assembly further comprises a tension collar, said tension collar comprising said friction creating means and further defined by a central threaded bore configured to cooperate with said externally threaded portion of said locking cap.

**5.** The dumbbell of Claim 1, wherein said friction-creating means comprises a friction ring captured between said wheel and said end cap assembly.

**6.** The dumbbell of Claim 4, wherein:

each said wheel further defines inner and outer sides, said inner and outer sides being substantially coplanar in a plane perpendicular to an axis defined by said central bore of said wheels; and

said friction-creating means comprising one or more indentations disposed on said outer surface, said indentations configured to accept one or more ball elements captured between said outer surface and said end cap assembly.

7. The dumbbell of Claim 6, wherein each said tension collar further comprises one ball-detent receptacle formed in said tension collar to accept one said ball element therein, said ball-detent receptacle further comprising a biasing element for biasing said ball element towards said outer side of said wheel.

8. The dumbbell of Claim 7, wherein each said end cap assembly further comprises a foam ring between said locking cap and said tension collar.

9. The dumbbell of Claim 8, wherein each said wheel comprises a friction coating around said substantially circular periphery.

10. The dumbbell of Claim 9, comprising a pair of said wheels at each said handle end.

11. An exercise device, comprising:

a handle defined by a center portion and a pair of opposing ends, said center portion defining a generally circular cross-section and said opposing ends each defined by a generally circular cross-section but having a flattened side in a plane parallel to an axis defined by said handle;

a pair of handle rings surrounding said handle between said center portion and said end portions;

a pair of end cap assemblies, each said assembly threadedly engaging one said end; and

a pair of wheels, each said wheel slidably engaging said handle generally adjacent to one said end, each said wheel comprising an outer ring defining a circular outer periphery and a central bore, said central bore defined by rolling means for permitting said wheel to rotate about said handle, and friction-creating means for resisting said rolling.

**12.** The device of Claim 11, wherein each said end cap assembly comprises a locking cap, each said locking cap threadably engaging end portion of said handle.

**13.** The device of Claim 12, wherein each said locking cap comprises a central bore for accepting said handle end therein and an externally threaded portion surrounding and in spaced relation with said central bore.

**14.** The device of Claim 13, wherein each said end cap assembly further comprises a tension collar, said tension collar comprising said friction creating means and further defined by a central threaded bore configured to cooperate with said externally threaded portion of said locking cap.

**15.** The device of Claim 14, wherein:

each said wheel further defines inner and outer sides, said inner and outer sides being substantially coplanar in a plane perpendicular to an axis defined by said central bore of said wheels; and

said friction-creating means comprising one or more indentations disposed on said outer surface, said indentations configured to accept one or more ball elements captured between said outer surface and said end cap assembly.

**16.** The device of Claim 15, wherein each said tension collar further comprises one ball-detent receptacle formed in said tension collar to accept one said ball element therein, said ball-detent receptacle further comprising a biasing element for biasing said ball element towards said outer side of said wheel.

- 17.** The device of Claim 16, wherein each said end cap assembly further comprises a foam ring between said locking cap and said tension collar.
- 18.** The device of Claim 17, wherein each said wheel comprises a friction coating around said substantially circular periphery.
- 19.** The device of Claim 18, comprising a pair of said wheels at each said handle end.
- 20.** The device of Claim 12, wherein said friction-creating means comprises a friction ring captured between said wheel and said end cap assembly.